

Shaykh Sulayman ibn Nasir al-‘Alwan said:

It's not a condition to drink water in order to say this Dhikr, rather you say it after you eat or drink:

ذهب الظمأ وابتلت العروق وثبت الأجر إن شاء الله

"Thirst has gone, the arteries are moist, and the reward is sure, if Allah wills." [Authentic]

Shaykh Sulaymān al-'Alwān (حفظه الله) says those who say that you can't say this dhikr unless you drank water are mistaken, rather you say it after you eat, even if you didn't drink water, and the Prophet's saying {Thirst has gone}, i.e. That food has fluid minerals in it which removes thirst, and he mentioned some reasons for that:

1. That food has water minerals within it.
2. This dhikr is said for food, it doesn't have to be said for water, because if he breaks his fast, the thirst is gone & the arteries become moist.
3. It's probable that the Prophet (صلى الله عليه وسلم) used to say it even without drinking water, because he used to break his fast on dates, and it's not necessary to [break your fast] on both water & dates together.
4. The Prophet's statement: "and the arteries become moist", i.e. becomes moist through [eating] food, it doesn't have to become moist by [drinking] water.

And he also mentioned that the dhikr:

اللهم لك صمنا وعلى رزقك أفطرنا

"O Allāh, for you we have fasted, and by your provisions/sustenance we have broken our fast"

This Hadīth is Mursal, so it's weak & the only authentically narrated Dhikr from the Prophet (صلى الله عليه وسلم) was what was previously mentioned from the Hadīth of ibn 'Omar (رضي الله عنهما) and Allāh (سبحانه وتعالى) knows best.